



Long Term Planning - Physical Education

	Jupiter	Saturn	Neptune
Autumn 1 - A	Mindful Movement - 1 week Locomotion Running Locomotion Jumping	Mindful Movement - 1 week Games Netball Athletics Competitions	Mindful Movement - 1 week Games Netball Dance Greeks
Autumn 2 - A	Gymnastics Linking Games Games for understanding - 2	Gymnastics Symmetry and Asymmetry Games Game sense invasion	Games Football Games Game Sense Invasion - 5
Spring 1 - A	Games Feet - 1 Games Hands - 2a	Games Dodgeball Games Football	Games Hockey Gymnastics Counter Balance & Counter Tension
Spring 2- A	Gymnastics Body parts Dance Explorers	Dance Wild Animals Games Communication and Tactics	Outdoor Adventure Activity Communication and Tactics Games Tennis
Summer 1 - A	Dance Fire Dance Games Rackets, Bats and Balls - 2	Games Tennis Dance Egyptian Dance	Dance Early Islamic Culture Athletics Competitions
Summer 2 - A	Athletics Team building - 1	Games Cricket	Athletics Athletics - 5

	Hands - 2b	Athletics Athletics - 3	Games Cricket
Autumn 1 - B	Mindful Movement - 1 week Locomotion Jumping Locomotion Dodging	Mindful Movement - 1 week Games Tag Rugby Games Hockey	Mindful Movement - 1 week Games Tag Rugby Games Football
Autumn 2 - B	Gymnastics Wide, Narrow, Curled Games Games for Understanding - 1	Games Basketball Gymnastics Bridges	Dance Prejudice and Discrimination Games Game Sense Invasion - 6
Spring 1 - B	Dance Growing Games Feet - 2	Games Handball Games Football	Games Basketball Gymnastics Matching and Mirroring
Spring 2- B	Gymnastics Pathways Games Hands - 1a	Dance Space Outdoor Adventure Activity Orienteering	Outdoor Adventure Activity Orienteering Games Tennis
Summer 1 - B	Dance 1960s Dance Games Rackets, Bats and Balls - 1	Games Quidditch Dance Rainforest	Dance Viking Dance Athletics Competitions
Summer 2 - B	Athletics Team Building - 2 Games Hands - 1b	Games Rounders Athletics Athletics - 4	Athletics Athletics - 6 Games Rounders

Mars

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance Ourselves	Games Games for Understanding	Locomotion Jumping	Ball Skills Rackets, Bats, Balls and Balloons	Gymnastics High, Low, Over and Under	Ball Skills Hands and Feet